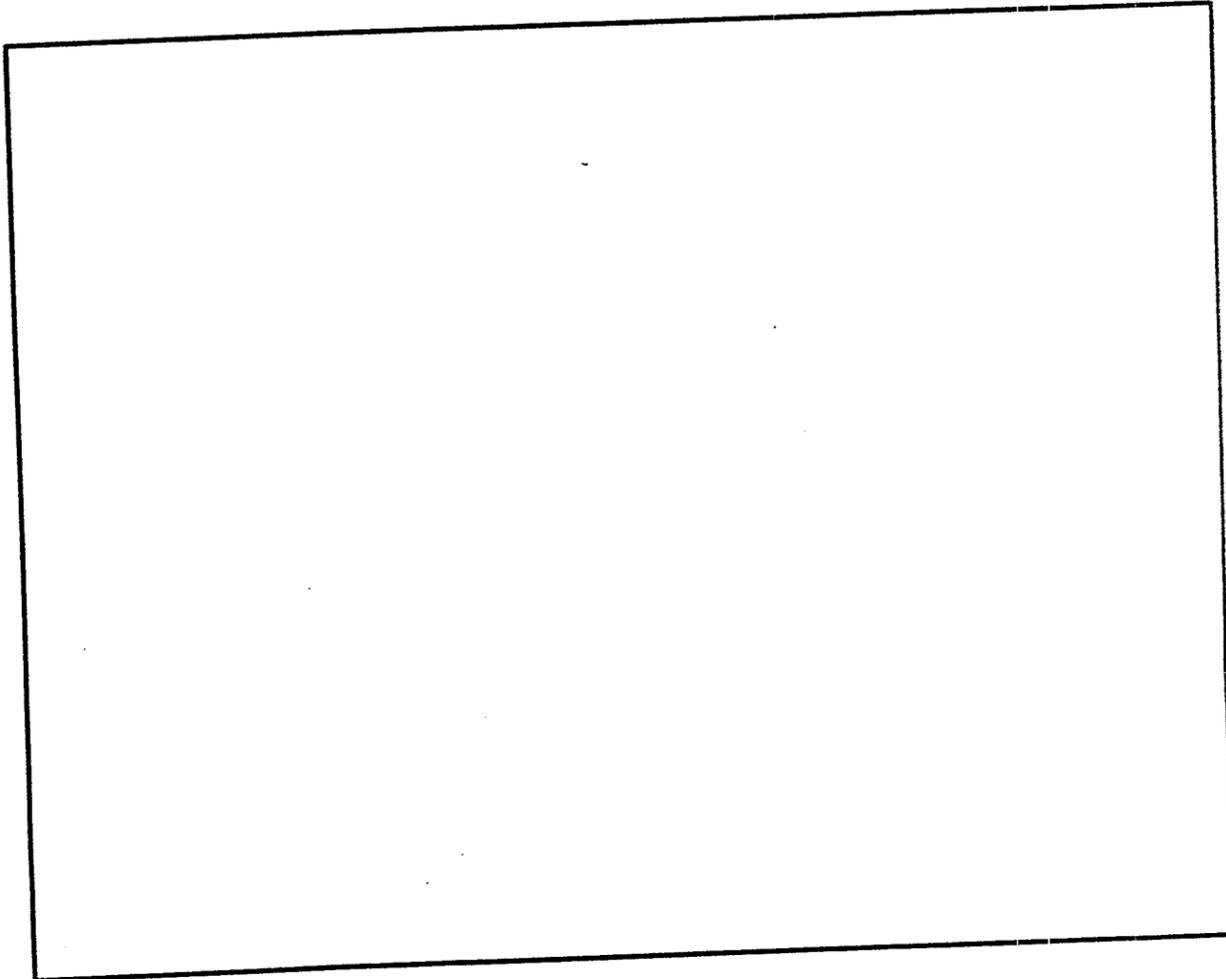




*Strength Building Gear*

704101

REGGIE WHITE ALL PRO SYSTEM



**PRODUCT ASSEMBLY  
INSTRUCTIONS SHEETS**

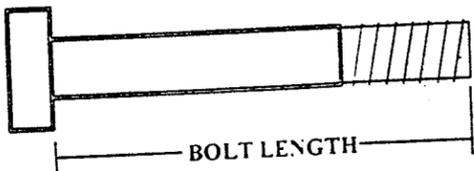
# 704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

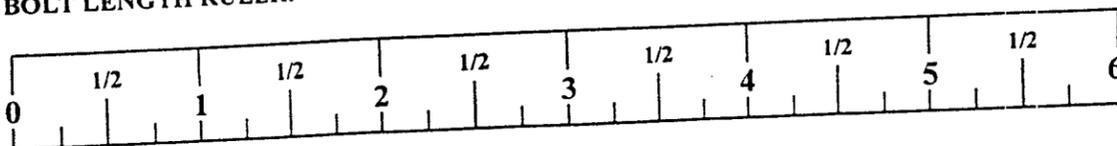
**HARDWARE:**

| ITEM | NAME/DESCRIPTION                  | QTY |
|------|-----------------------------------|-----|
| 1.   | 3/8 X 6 IN. BOLT .....            | 1   |
| 2.   | 3/8 X 3-1/4 IN. BOLT .....        | 1   |
| 3.   | 3/8 X 3 IN. BOLT .....            | 3   |
| 4.   | 3/8 X 2-3/4 IN. BOLT .....        | 19  |
| 5.   | 3/8 X 2-3/4 IN. BOLT .....        | 4   |
| 6.   | 3/8 X 2-1/2 IN. BOLT .....        | 4   |
| 7.   | 3/8 X 2 IN. BOLT .....            | 6   |
| 8.   | 3/8 X 1-3/4 IN. BOLT .....        | 1   |
| 9.   | 3/8 X 1-3/4 IN. BOLT .....        | 4   |
| 10.  | 3/8 X 1-1/2 IN. BOLT .....        | 4   |
| 11.  | 3/8 IN. WASHER .....              | 24  |
| 12.  | 3/8 IN. LOCK WASHER .....         | 8   |
| 13.  | 3/8 IN. LOCK NUT .....            | 8   |
| 14.  | 3/8 IN. LOW HEIGHT LOCK NUT ..... | 30  |
| 15.  | 3/8 IN. SPACER .....              | 1   |
| 16.  | 1/2 IN. FLANGE BEARING .....      | 8   |
| 17.  | SPRING PIN ASSEMBLY .....         | 4   |
| 18.  | QUICK LINK .....                  | 4   |
| 19.  | SNAP HOOK .....                   | 3   |
| 20.  | CHAIN .....                       | 1   |
| 21.  | BALL PIN .....                    | 1   |
| 22.  | L-PIN .....                       | 2   |
| 23.  | 2 IN. SQ. COVER CAP .....         | 4   |
| 24.  | 2 IN. SQ. END CAP .....           | 13  |
| 25.  | 1-3/4 IN. SQ. END CAP .....       | 4   |
| 26.  | 1 X 8 IN. GRIP .....              | 4   |
| 27.  | CARRIAGE GUIDE .....              | 2   |
| 28.  | CABLE RETAINING CLIP .....        | 4   |
| 29.  | 1/2 IN. ID. PRESS-ON CAP .....    | 2   |
| 30.  | PARAGLIDE STRIP .....             | 5   |
|      | MUSHROOM CAP .....                | 4   |
|      | 3/4 IN. SQ. RUBBER BUMPER .....   | 2   |

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



# 704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY PARTS LIST

**SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY**

**WELDMENTS/PARTS:**

| ITEM | NAME/DESCRIPTION                            | QTY |
|------|---|-----|
| 1.   | UPRIGHT FRAME WLDMT .....(6536202).....     | 1   |
| 2.   | PULLEY MOUNT FLAT .....(6546902).....       | 2   |
| 3.   | UPRIGHT WLDMT .....(6547002).....           | 2   |
| 4.   | BASE .....(6547502).....                    | 1   |
| 5.   | BAR HOLDER WLDMT .....(6547602).....        | 2   |
| 6.   | SAFETY RAIL WLDMT .....(6547802).....       | 2   |
| 7.   | CARRIAGE WLDMT .....(6548002).....          | 1   |
| 8.   | BEARING HOUSING WLDMT .....(6548102).....   | 1   |
| 9.   | LEFT ARM WLDMT .....(6548502).....          | 1   |
| 10.  | RIGHT ARM WLDMT .....(6548402).....         | 1   |
| 11.  | PULLEY BRACKET WLDMT .....(6516502).....    | 1   |
| 12.  | LAT BAR WLDMT .....(6275302).....           | 1   |
| 13.  | LOW ROW BAR WLDMT .....(6274402).....       | 1   |
| 14.  | LEG PEDESTAL WLDMT .....(6549202).....      | 1   |
| 15.  | FRONT LEG WLDMT .....(6549502).....         | 1   |
| 16.  | BENCH TOP WLDMT .....(6549902).....         | 1   |
| 17.  | ADJ. PAD SUPPORT RIGHT .....(6550202).....  | 1   |
| 18.  | ADJ. PAD SUPPORT LEFT .....(6550102).....   | 1   |
| 19.  | REAR LEG WLDMT .....(6550502).....          | 1   |
| 20.  | ROLLER PAD SWIVEL WLDMT .....(6549802)..... | 1   |
| 21.  | HORIZONTAL SUPPORT .....(6547202).....      | 1   |
| 22.  | CONNECTOR PLATE .....(6542402).....         | 2   |
| 23.  | ROLLER PAD SHAFT .....(6485301).....        | 1   |
| 24.  | 3-3/16 IN. ROLLER PAD .....(6016401).....   | 4   |
| 25.  | 4 X 12 ROLLER PAD .....(6176201).....       | 2   |
| 26.  | SMALL BACK PAD .....(6550901).....          | 1   |
| 27.  | LARGE BACK PAD .....(6545401).....          | 1   |
| 28.  | SEAT PAD .....(6545601).....                | 1   |
| 29.  | 3-1/2 IN. PULLEY .....(3116201).....        | 11  |
| 30.  | LABEL (1-25) .....(6189501).....            | 2   |
| 31.  | CABLE ASSEMBLY, 110" .....(6553101).....    | 2   |
| 32.  | CABLE ASSEMBLY, 77-5/8" .....(6535601)..... | 1   |

## THANK YOU

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### \*\*\*IMPORTANT\*\*\*

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- PARABODY STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PEOPLE TO AVOID POSSIBLE INJURY.
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- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER

1. Slide two (2) 2 IN. SQ. COVER CAPS over the ends of the **BASE** as shown on drawing.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the end of the **BASE** of the **UPRIGHT FRAME** as shown on drawing.
3. **SECURELY** assemble the **UPRIGHT FRAME** to the **BASE** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. (**BEFORE TIGHTENING CONNECTION MAKE SURE THAT THE UPRIGHT FRAME IS SQUARE TO THE BASE**)
4. Attach eight (8) PARAGLIDE STRIPS to the **CARRIAGE** as shown in (DETAIL A) using the following steps:
  - A. Thoroughly clean all inside surfaces where the PARAGLIDES are to be attached.
  - B. Remove the PARAGLIDES from paper backing the and firmly apply them to all shown surfaces (8 places)
5. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the **CENTER** of the **CARRIAGE STOP** on the **CARRIAGE**.
6. Slide the **CARRIAGE** down over the **REAR UPRIGHT** of the **UPRIGHT FRAME** as shown on drawing

## 704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY INSTRUCTIONS

7. Insert three (3) 1-3/4 IN. SQ. END CAPS into the ends of the **BEARING HOUSING** as shown on drawing.
8. Slide the **BEARING HOUSING** down over the **FRONT UPRIGHT** of the **UPRIGHT FRAME** to the first set of holes as shown on drawing. **SECURELY** assemble it to the **UPRIGHT** using two (2) 3/8 X 2-3/4 IN. BOLTS, and two (2) 3/8 IN. LOCK NUTS.
9. **LOOSELY** assemble three (3) 3-1/2 IN. PULLEYS, and six (6) 3/8 IN. SPACERS in between the two (2) **PULLEY MOUNT FLATS** as shown on drawing, using three (3) 3/8 X 2-3/4 IN. BOLTS, and three (3) 3/8 IN. LOCK NUTS.
10. **LOOSELY** assemble the **PULLEY MOUNT FLAT ASSEMBLY** to the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, and two (2) 3/8 IN. LOCK NUTS.
11. **LOOSELY** assemble the **HORIZONTAL SUPPORT** in between the **PULLEY MOUNT FLATS** as shown on drawing, using one (1) 3/8 X 2-3/4 IN. BOLT, and one (1) 3/8 IN. LOCK NUT.
12. Attach thirty-two (32) **PARAGLIDE STRIPS** to the two (2) **BAR HOLDERS** and the two (2) **SAFETY RAILS** as shown in **(DETAIL A)** using the following steps:
  - A. Thoroughly clean all inside surfaces where the **PARAGLIDES** are to be attached.
  - B. Remove the **PARAGLIDES** from paper backing the and firmly apply them to all shown surfaces (8 places)
13. **SECURELY** Assemble four (4) **SPRING PIN ASSEMBLIES** to the **SPRING PIN BARRELS**, of the two (2) **BAR HOLDERS** and the two (2) **SAFETY RAILS** as shown in **(DETAIL B)**. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
14. Pull back the **SPRING PIN** on the **SAFETY RAILS** and slide one down over each **UPRIGHT** as shown on drawing. Engage the **SPRING PIN** into a desired adjustment hole.
15. Pull back the **SPRING PIN** on the **BAR HOLDERS** and slide one down over each **UPRIGHT** as shown on drawing. Engage the **SPRING PIN** into a desired adjustment hole.
16. **LOOSELY** assemble the two (2) **UPRIGHT ASSEMBLIES** to the **BASE** as shown on drawing, using four (4) 3/8 X 2-3/4 IN. BOLTS, and four (4) 3/8 IN. LOCK NUTS.
17. **LOOSELY** assemble the two **UPRIGHTS** to the ends of the **HORIZONTAL SUPPORT** as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.
18. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**
19. Insert four (4) 2 IN. SQ. END CAPS into **BOTH ENDS** of the **LEFT**, and **RIGHT PEC DEC ARMS** as shown on drawing.
20. Insert four (4) 1 1/2 IN. FLANGE BEARINGS into the **BUSHINGS** of the **BEARING HOUSING**, as shown on drawing.

## 704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY INSTRUCTIONS

21. Insert the **LEFT** and **RIGHT PEC DEC ARMS** through the 1/2 IN. **FLANGE BEARINGS** in the **BEARING HOUSING** on their respective sides as shown on drawing, and **SECURE** them in place with two (2) 1 1/2 IN. ID. **PRESS-ON CAPS**.
22. Slide two (2) 4 X 12 **ROLLER PADS** onto the **LEFT** and **RIGHT PEC DEC ARMS** until the **ROLLER PAD** is **FLUSH** with the bottom of the **ARMS**. (IF A **LUBRICANT IS REQUIRED**, COAT THE **INSIDE OF THE ROLLER PAD WITH RUBBING ALCOHOL**. ALSO, **ROTATING THE PAD WHILE PUSHING UP WILL HELP TO EASE ASSEMBLY**)
23. Attach two (2) **CARRIAGE GUIDES** to the **CAM STOP** on the **BEARING HOUSING** where the **CAMS** of the **PEC DEC ARMS** contact the **CAM STOP**.
24. **LOOSELY** assemble two (2) 3-1/2 IN. **PULLEYS**, and two (2) **CABLE RETAINING CLIPS** to the **PLATES** of the **BEARING HOUSING** as shown on drawing, using two (2) 3/8 X 2 IN. **BOLTS**, two (2) 3/8 IN. **WASHERS**, and two (2) 3/8 IN. **LOCK NUTS**. (NOTE: **THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED**)
25. **SECURELY** assemble the **SMALL BACK PAD** to the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 2-1/2 IN. **BOLTS**, and two (2) 3/8 IN. **LOCK WASHERS**.
26. **SECURELY** assemble one (1) 3-1/2 IN. **PULLEY**, and two (2) 3/8 IN. **SPACERS** in between the **PLATES** at the bottom of the **UPRIGHT FRAME** as shown on drawing, using one (1) 2-3/4 IN. **BOLT**, and one (1) 3/8 IN. **LOCK NUT**.
27. **LOOSELY** assemble two (2) 3-1/2 IN. **PULLEYS**, and two (2) **CABLE RETAINING CLIPS** to the **PLATES** of the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 2 IN. **BOLTS**, two (2) 3/8 IN. **WASHERS**, and two (2) 3/8 IN. **LOCK NUTS**. (NOTE: **THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED**)
28. **LOOSELY** assemble two (2) **CONNECTOR PLATES** around two (2) 3-1/2 IN. **PULLEYS**, using two (2) 3/8 X 2 IN. **BOLTS**, and two (2) 3/8 IN. **LOCK NUTS**. (NOTE: **THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED**)

**NOTE: BEFORE PROCEEDING WITH CABLE INSTALLATION, UNRAVEL CABLES, AND REMOVE AS MUCH SPIRALING AS POSSIBLE.**

29. To install **LOOP CABLE**, start by inserting the **BALL ENDS** of the **CABLE** into the **BUSHINGS** on the **CAMS** of the **LEFT** and **RIGHT PEC DEC ARMS**.
  - Drape both sides of the **CABLE** over the **PULLEYS** on the **BEARING HOUSING**. Position **CABLE RETAINING CLIPS** in a vertical position over the **PULLEY** and **CABLE**, after the **LOOP CABLE** has been routed. Tighten the **PULLEY CONNECTION** completely.
  - Place one (1) 3-1/2 IN **PULLEY** into the **LOOP** of the **CABLE** created from the above step, and **SECURELY** assemble the **PULLEY BRACKET** to the **PULLEY**, using one (1) 3/8 X 1-3/4 IN. **BOLT**, and one (1) 3/8 IN. **LOCK NUT**. (NOTE: **MAKE SURE THAT THE CABLE IS IN THE GROOVE OF THE PULLEY BEFORE TIGHTENING**)
  - See **CABLE ROUTING DIAGRAM** for help in completing this step.

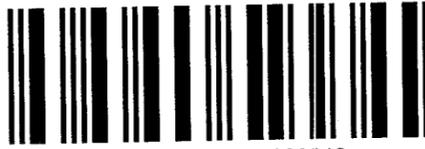
## 704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY INSTRUCTIONS

30. To install the **HIGH PULLEY CABLE**, start by routing the end of the **CABLE WITHOUT the WHITE BALL** over the **TOP PULLEY** on the **PULLEY MOUNT FLATS**. After the **CABLE** has been routed **SECURELY** assemble one (1)  $\frac{3}{8}$  X  $2\frac{3}{4}$  IN. **BOLT**, and one (1)  $\frac{3}{8}$  IN. **LOCK NUT** to the hole in front of the **PULLEY** on the **PULLEY MOUNT FLATS**. (**DO NOT OVER TIGHTEN THIS BOLT**)
- Run **CABLE** over and down the **SECOND PULLEY** of the **PULLEY MOUNT FLATS**. Run the **CABLE** around one of the **PULLEYS** of the **PULLEY BLOCK** and up to the **THIRD PULLEY** of the **PULLEY MOUNT FLATS**.
  - Pull **CABLE** over and down the **THIRD PULLEY**, to the **CARRIAGE** and attach the **CABLE** to the **CARRIAGE**, using one (1) **QUICK LINK**. (SEE **DETAIL C**)
  - See **CABLE ROUTING DIAGRAM** for help in completing this step.
31. To install **LOW PULLEY CABLE**, start by inserting the end of the **CABLE WITHOUT the WHITE BALL** under the **FRONT PULLEY** of the **UPRIGHT FRAME**. After the **CABLE** has been routed **SECURELY** assemble one (1)  $\frac{3}{8}$  X  $2\frac{3}{4}$  IN. **BOLT**, and one (1)  $\frac{3}{8}$  IN. **LOCK NUT** to the hole in underneath the **FRONT PULLEY**. (**DO NOT OVER TIGHTEN THIS BOLT**)
- Run the **CABLE** back to and around the second **PULLEY** behind the **FRONT PULLEY**. After the **CABLE** has been routed, position the **CABLE RETAINING CLIP** in a vertical position under the **PULLEY** and **CABLE** and tighten the **PULLEY CONNECTION** completely.
  - Run the **CABLE** up to and around the **BOTTOM PULLEY** on the **PULLEY BLOCK**. (**NOTE: THE CABLE MUST BE ROUTED AROUND THE BOTTOM PULLEY FROM THE REAR TO THE FRONT**)
  - Run the **CABLE** down to and around the **PULLEY** behind the **SMALL SEAT PAD** on the **UPRIGHT FRAME** and attach the end of the **CABLE** to the **PULLEY BRACKET** of the **LOOP CABLE**, using one (1) **QUICK LINK**. After the **CABLE** has been routed, position the **CABLE RETAINING CLIP** in a vertical position under the **PULLEY** and **CABLE** and tighten the **PULLEY CONNECTION** completely.
  - See **CABLE ROUTING DIAGRAM** for help in completing this step.
32. Tighten the **PULLEY CONNECTIONS** of the **PULLEY BLOCK**.
33. Insert one (1)  $1\frac{3}{4}$  IN. **SQ. END CAP** into the end of the **BENCH TOP**, and three (3)  $1\frac{3}{4}$  IN. **SQ. END CAPS** into the ends of the **FRONT LEG** as shown on drawing.
34. **SECURELY** assemble the **BENCH TOP** to the **FRONT LEG** as shown on drawing, using two (2)  $\frac{3}{8}$  X  $2\frac{3}{4}$  IN. **BOLTS**, four (4)  $\frac{3}{8}$  IN. **WASHERS**, and two (2)  $\frac{3}{8}$  IN. **LOCK NUTS**.
35. Insert three (3)  $1\frac{3}{4}$  IN. **SQ. END CAPS** into the ends of the **REAR LEG** as shown on drawing.
36. Assemble the **REAR LEG** to the **BENCH TOP** as shown on drawing, using one (1)  $\frac{3}{8}$  X 3 IN. **BOLT** four (4)  $\frac{3}{8}$  IN. **WASHERS**, and one (1)  $\frac{3}{8}$  IN. **LOCK NUT**. (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE REAR LEG TO ROTATE FREELY**)

## 704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY INSTRUCTIONS

37. Assemble the **LEFT** and **RIGHT ADJ. PAD SUPPORTS** to the **BENCH TOP** as shown on drawing, using one (1) **3/8 X 6 IN. BOLT**, and one (1) **3/8 IN. LOCK NUT**. (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE ADJ. PAD SUPPORT TO ROTATE FREELY**)
38. **SECURELY** assemble the **LARGE BACK PAD** to the **LEFT** and **RIGHT ADJ. PAD SUPPORTS** as shown on drawing, using four (4) **3/8 X 1-1/2 IN. BOLTS**, and four (4) **3/8 IN. LOCK WASHERS**.
39. **SECURELY** assemble the **SEAT PAD** to the **BENCH TOP** as shown on drawing, using two (2) **3/8 X 2-1/2 IN. BOLTS**, and two (2) **3/8 IN. LOCK WASHERS**.
40. Insert two (2) **1-3/4 IN. SQ. END CAPS** into the ends of the **LEG PEDESTAL** as shown on drawing.
41. Assemble two (2) **4 X 7 IN. ROLLER PADS**, and one (1) **ROLLER PAD SHAFT** to the **LEG PEDESTAL** as shown on drawing, using two (2) **MUSHROOM CAPS**.
42. Also assemble two (2) **4 X 7 ROLLER PADS** to the **ROLLER PAD SWIVEL** as shown on drawing, using two (2) **MUSHROOM CAPS**.
43. Assemble the **ROLLER PAD SWIVEL** and the **LEG PEDESTAL** to the **PLATES** of the **FRONT LEG** as shown on drawing, using one (1) **3/8 X 3-1/4 IN. BOLT**, four (4) **3/8 IN. WASHERS**, and one (1) **3/8 IN. LOW HEIGHT LOCK NUT**. (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE ROLLER PAD SWIVEL AND LEG PEDESTAL TO ROTATE FREELY**)
44. Attach one (1) **3/4 IN. SQ. RUBBER BUMPER** to the **LEG PEDESTAL** where it contacts the top **BOLT** on the **FRONT LEG**.
45. Slide four (4) **1 X 8 IN. GRIPS** over each end of both the **LAT BAR**, and the **LOW ROW BAR**. (**NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE**) (**SEE DETAIL A AND B**)
46. Attach the **LAT BAR** to the **HIGH PULLEY CABLE**, and the **LOW ROW BAR** to the **LOW PULLEY CABLE**, by using two (2) **SNAP HOOKS**. (**SEE DRAWING**)
47. To adjust the **LOW ROW BAR**. Remove the **LOW ROW BAR** from the **SNAP HOOK** on the **LOW PULLEY CABLE**, and attach the **CHAIN**. Attach another **SNAP HOOK** to the **LOW ROW BAR** and adjust it to the desired **CHAIN LINK**. (**SEE DETAIL B**)
48. Attach two (2) sets of **UPRIGHT LABELS** to the inside surface of both **FRONT UPRIGHTS** as shown on drawing.
49. To perform **DECLINE PRESS** or **AB CRUNCHES**, rotate the **REAR LEG** underneath the **BENCH**, and allow the end of the **BENCH TOP** to rest on the floor. Insert one (1) **L-PIN** into the **BUSHING** of the **LEG PEDESTAL** to assure leg hold down during the exercise.
50. To perform **INCLINE PRESSES**, rotate the **LARGE BACK PAD** up to the desired height and insert one (1) **BALL PIN** through both plates of the **ADJ. PAD SUPPORTS**, and allow the **PIN** to rest on top of the **BENCH TOP**.





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Do not mark this box!



705101  
REGGIE WHITE ALL PRO GYM

PRODUCT ASSEMBLY  
INSTRUCTIONS SHEETS

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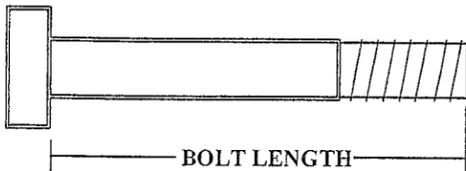
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**SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY**

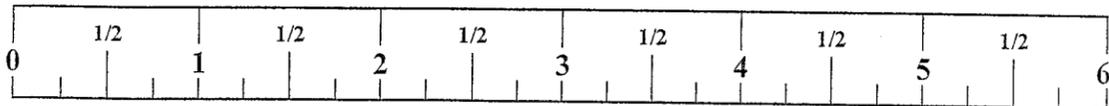
**HARDWARE:**

| ITEM | NAME/DESCRIPTION                    | QTY |
|------|-------------------------------------|-----|
| 1.   | WASHER, FLAT 3/8 ID.....            | 19  |
| 2.   | WASHER, LOCK 3/8 ID.....            | 5   |
| 3.   | NUT, NYLOCK 3/8-16.....             | 21  |
| 4.   | NUT, NYLOCK 3/8-16 LOW HT.....      | 3   |
| 5.   | BOLT, HHG2 3/8-16 X 2-1/2.....      | 1   |
| 6.   | BOLT, HHG2 3/8-16 X 3.....          | 1   |
| 7.   | BOLT, HHG2 3/8 X 3-3/4.....         | 1   |
| 8.   | BOLT, HHG2 3/8-16 X 2-3/4.....      | 19  |
| 9.   | BOLT, HHG2 3/8-16 X 1-3/4.....      | 6   |
| 10.  | BOLT, HHG2 3/8-16 X 1-1/2.....      | 1   |
| 11.  | LINK, SNAP 5/16 DIA.....            | 3   |
| 12.  | BEARING, FLG 3/4 ID X 1 OD.....     | 2   |
| 13.  | SET SCREW, C PT 5/16-18 X 3/8.....  | 2   |
| 14.  | LINK, QUICK DISCONNECT 1/4.....     | 1   |
| 15.  | PIN WEIGHT STACK SELECTOR.....      | 1   |
| 16.  | SPACER, FLNGE 3/8 X 5/8 X 9/16..... | 12  |
| 17.  | CAP, END 3 X 2 11GA.....            | 2   |
| 18.  | GRIP, 1-1/4 X 5 CLOSED END.....     | 2   |
| 19.  | GRIP, 1 X 8 CLOSED END.....         | 4   |
| 20.  | CUSHION, WEIGHT STACK 3/4 ID.....   | 2   |
| 21.  | BUMPER, RUBBER 1-1/4 SQ.....        | 2   |
| 22.  | BOLT, NYLON 3/8-16 X 2 BLK.....     | 2   |
| 23.  | CAP, END 2 SQ 10-14 GA.....         | 6   |
| 24.  | CAP, COVER 2SQ PARABODY LOGO.....   | 2   |
| 25.  | CAP, MUSHROOM 9/16 OD.....          | 4   |
| 26.  | PULLEY, 3-1/2 OD X 3/8 ID X 1.....  | 11  |
| 27.  | CHAIN, 12 LINK.....                 | 1   |
| 28.  | HEAD PLATE 3/4.....                 | 1   |
| 29.  | SHAFT, SELECT 3/4 DIA 15 HOLE.....  | 1   |
| 30.  | ASSY, PLATE BUSHING 10 CT.....      | 3   |
| 31.  | SHAFT, 3/4 DIA X 9-1/8.....         | 1   |

**NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.**



**BOLT LENGTH RULER:**



## 705101 REGGIE WHITE ALL PRO GYM ASSEMBLY INSTRUCTIONS

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the 5-1/4 PLATE assembled in step 17.

20. Connect the bottom CABLE to the **CROSS BRACE** using one QUICK DISCONNECT LINK.
21. Insert the WEIGHT STACK SELECTOR PIN into one of the WEIGHT PLATES.
22. **SECURELY TIGHTEN ALL LOOSE PULLEY CONNECTIONS AT THIS TIME.**
23. Connect the top CABLE to the WEIGHT STACK SHAFT by tightening the threaded end in until the cables are taught.
24. Attach one (1) 3/8 X 2-1/2 IN. BOLT and one (1) 3/8 IN. NUT to the **LEG CURL EXTENSION** below the PULLEY as shown in DETAIL C.
25. Insert the 15-3/4 IN. TUBE into the **LEG CURL EXTENSION**.
26. Attach ROLLER PADS and MUSHROOM CAPS to the 15-3/4 IN. TUBE and to the **ROLLER PAD SWIVEL**.
27. Attach GRIPS to the PRESS ARM, LOW ROW BAR, and to the LAT BAR.
28. Attach the **LAT BAR** and **LOW ROW BAR** to the BOTTOM and TOP CABLES using three (3) SNAP LINKS and one (1) CHAIN.
29. The **LAT BAR** and **LOW ROW BAR** should be disconnected from machine when performing other exercises.

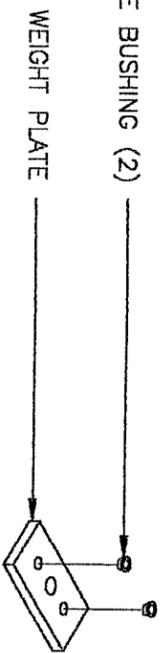
## 705101 REGGIE WHITE ALL PRO GYM ASSEMBLY INSTRUCTIONS

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1. Slide two (2) 2 IN. SQ. COVER CAPS over the ends of the **BASE** as shown on drawing.
2. Insert all **END CAPS** into the **WELDMENTS** as shown on drawing.
3. **SECURELY** assemble the **UPRIGHT** to the **BASE** as shown on drawing.
  - **BEFORE TIGHTENING CONNECTION MAKE SURE THAT THE UPRIGHT FRAME IS SQUARE TO THE BASE.**
  - **MAKE SURE BOLTS GO THROUGH THE BASE FIRST AND THAT LOW HEIGHT LOCK NUTS ARE USED.)**
4. Attach the **SEAT SUPPORT** to the **BASE** and **UPRIGHT** as shown in drawing.
5. Assemble **PULLEYS** to the inside of the **TOP BOOM** as shown in **DETAIL B** and string **CABLE 6571001** as shown in **CABLE ROUTING DIAGRAM**.
6. Attach the **TOP BOOM** to the **UPRIGHT**. (**MAKE SURE CABLE RUNS OVER TOP OF BOLTS**)
7. Insert two (2) **WEIGHT PLATE BUSHINGS** into each **WEIGHT PLATE** as shown in **DETAIL A**.
8. Insert **GUIDE RODS** and **WEIGHT STACK CUSHIONS** into **BASE**.
9. **CAREFULLY** slide fifteen (15) **WEIGHT PLATES** onto the **GUIDE RODS**.
10. Assemble the **HEAD PLATE** and **WEIGHT STACK SHAFT** and slide it onto the **GUIDE RODS**.
11. Attach **GUIDE RODS** to the **TOP BOOM** using two (2) **NYLON BOLTS**.
12. Attach the **LEG EXTENSION** and **ROLLER PAD SWIVEL** to the **SEAT SUPPORT** as shown in **DETAIL C**.
13. Attach the **SEAT** and **BACK PADS** to the **SEAT SUPPORT** and **UPRIGHT**.
14. Attach two (2) **RUBBER BUMPERS** to the **SEAT SUPPORT** as shown in **DETAIL C**.
15. To attach **PRESS ARM ASSEMBLY** to the **BASE**, follow assembly drawing and these steps:
  - Insert the **SHAFT** and two (2) 3/4 IN. **FLANGE BEARINGS** into the **BASE**.
  - **LOOSELY** attach the **CROSS BRACE** to one of the **PRESS ARMS**.
  - Attach this **PRESS ARM** to the **SHAFT** using a **SET SCREW**.  
(NOTE: Make sure that the **CROSS BRACE** is resting on the **RUBBER BUMPER** of the **SEAT SUPPORT** and positioned so that the bottom tab is closer to the rear of the gym.)
  - Attach the other **PRESS ARM** to the **CROSS BRACE** and the **SHAFT**.
  - **IN THIS ORDER**, press the bottom of the **PRESS ARMS** together against the locking collars and **tighten** both **SET SCREWS**, then center **CROSS BRACE** and tighten bolts.
16. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**
17. Assemble two (2) **PULLEYS** to the 5-1/4 **PLATE** as shown on drawing.
18. **LOOSELY** assemble all remaining **PULLEYS** to the gym as shown on drawing.
19. String **CABLE 6575601** as shown in **CABLE ROUTING DIAGRAM**, looping it with the top cable using

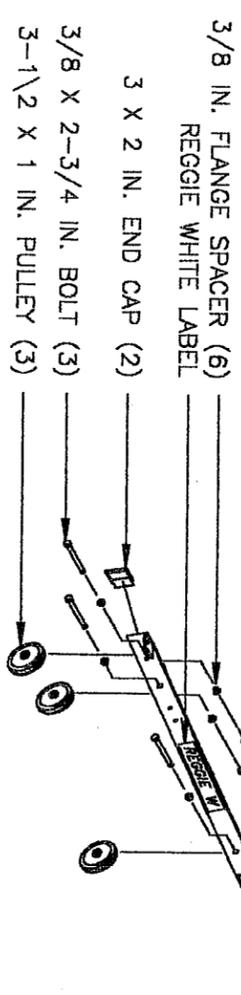
| DASH NO | DESCRIPTION |
|---------|-------------|
| 01      | AS SHOWN    |

WEIGHT PLATE BUSHING (2)



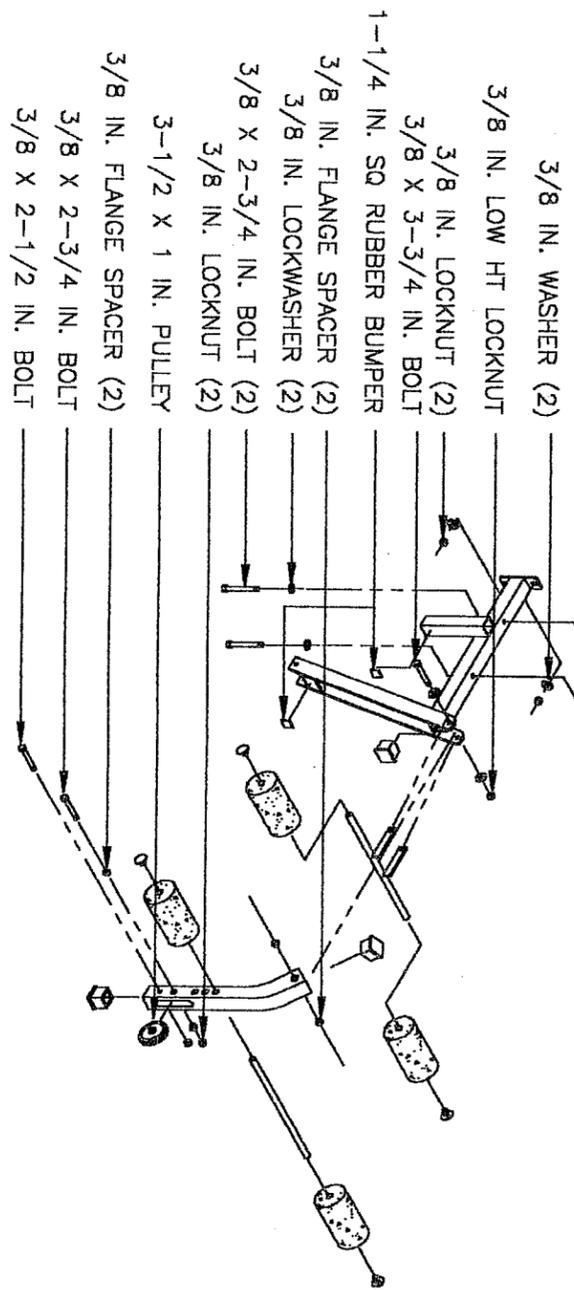
DETAIL A

3/8 IN. LOCKNUT (3)



DETAIL B

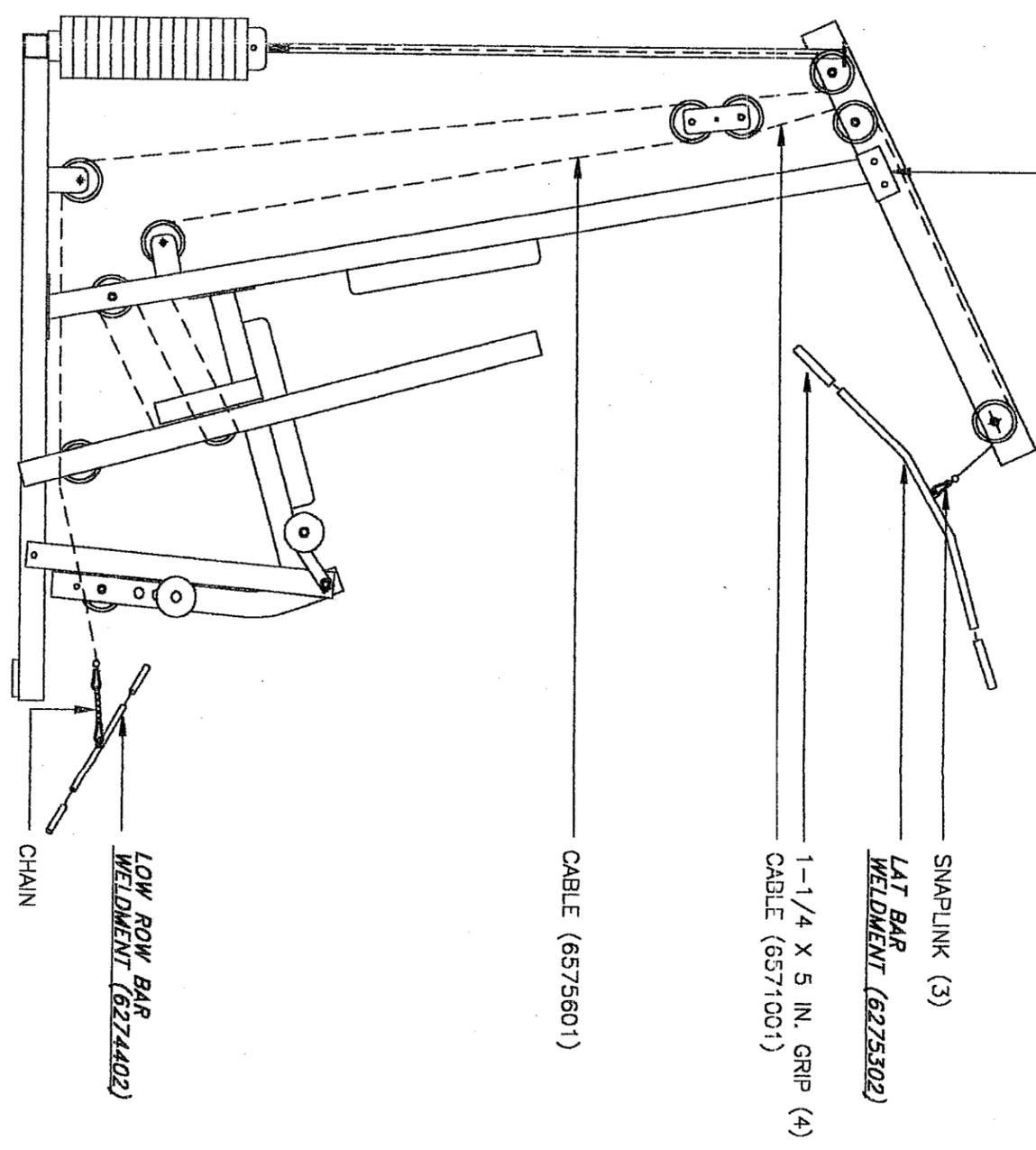
PAD (6550901)



DETAIL C

| REVISIONS |             |        |       |       |
|-----------|-------------|--------|-------|-------|
| REV       | DESCRIPTION | CHG NO | APP'D | DATE  |
| B         |             | 2740   | DLM   | 10/95 |

\* NOTE : CABLE MUST RUN OVER TOP OF BOLTS !



CABLE ROUTING DIAGRAM

PARABODY, INC.  
RAMSEY, MINNESOTA

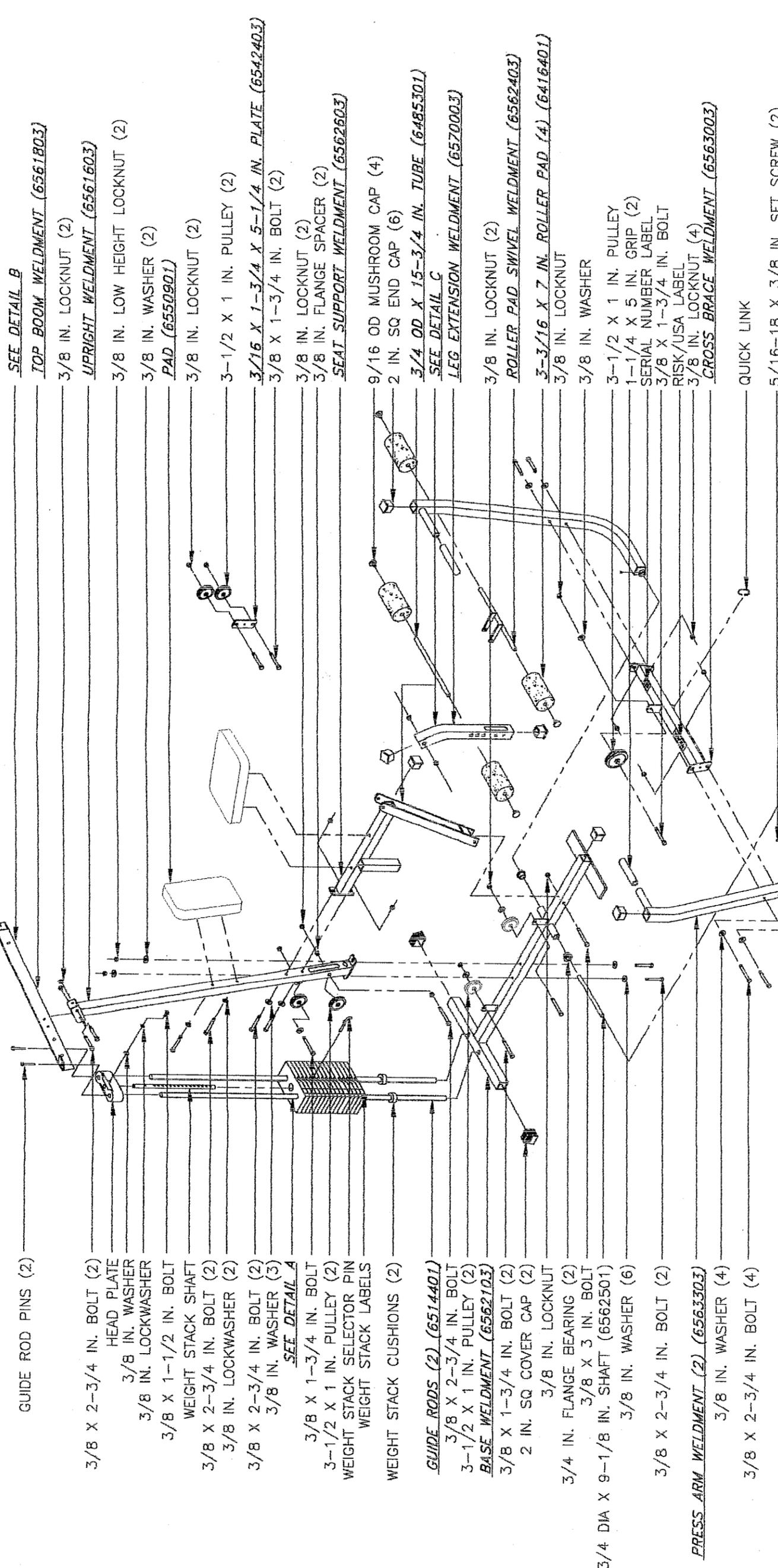
ASSY INST, 705101

65706

|                                 |                   |             |
|---------------------------------|-------------------|-------------|
| TOLERANCES<br>(EXCEPT AS NOTED) | DECIMAL           | ~           |
|                                 | FRACTIONAL        | ~           |
|                                 | ANGULAR           | ~           |
| TITLE                           | ASSY INST, 705101 |             |
| SCALE                           | 1/24              | SIZE        |
| SHEET                           | 2 OF 2            | DRAWING NO. |
| DR                              | JRD               | CHK'D       |
|                                 | 10/95             | TKB         |
|                                 |                   | APP'D       |
|                                 |                   | JRD         |
|                                 |                   | 10/95       |

| DASH NO | DESCRIPTION |
|---------|-------------|
| 01      | AS SHOWN    |

| REVISIONS |             |        |           |
|-----------|-------------|--------|-----------|
| REV       | DESCRIPTION | CHG NO | APP'D     |
| B         | ADDED NOTE: | 2740   | DLM 10/95 |



- SEE DETAIL B
- TOP BOOM WELDMENT (6561803)
- 3/8 IN. LOCKNUT (2)
- UPRIGHT WELDMENT (6561603)
- 3/8 IN. LOW HEIGHT LOCKNUT (2)
- 3/8 IN. WASHER (2)
- PAD (6550901)
- 3/8 IN. LOCKNUT (2)
- 3-1/2 X 1 IN. PULLEY (2)
- 3/16 X 1-3/4 X 5-1/4 IN. PLATE (6542403)
- 3/8 X 1-3/4 IN. BOLT (2)
- 3/8 IN. LOCKNUT (2)
- 3/8 IN. FLANGE SPACER (2)
- SEAT SUPPORT WELDMENT (6562603)
- 9/16 OD MUSHROOM CAP (4)
- 2 IN. SQ END CAP (6)
- 3/4 OD X 15-3/4 IN. TUBE (6485301)
- SEE DETAIL C
- LEG EXTENSION WELDMENT (6570003)
- 3/8 IN. LOCKNUT (2)
- ROLLER PAD SWIVEL WELDMENT (6562403)
- 3-3/16 X 7 IN. ROLLER PAD (4) (6416401)
- 3/8 IN. LOCKNUT
- 3/8 IN. WASHER
- 3-1/2 X 1 IN. PULLEY
- 1-1/4 X 5 IN. GRIP (2)
- SERIAL NUMBER LABEL
- 3/8 X 1-3/4 IN. BOLT
- RISK/USA LABEL
- 3/8 IN. LOCKNUT (4)
- CROSS BRACE WELDMENT (6563003)
- QUICK LINK
- 5/16-18 X 3/8 IN. SET SCREW (2)

- GUIDE ROD PINS (2)
- 3/8 X 2-3/4 IN. BOLT (2)
- HEAD PLATE
- 3/8 IN. WASHER
- 3/8 IN. LOCKWASHER
- 3/8 X 1-1/2 IN. BOLT
- WEIGHT STACK SHAFT
- 3/8 X 2-3/4 IN. BOLT (2)
- 3/8 IN. LOCKWASHER (2)
- 3/8 X 2-3/4 IN. BOLT (2)
- 3/8 IN. WASHER (3)
- SEE DETAIL A
- 3/8 X 1-3/4 IN. BOLT
- 3-1/2 X 1 IN. PULLEY (2)
- WEIGHT STACK SELECTOR PIN
- WEIGHT STACK LABELS
- WEIGHT STACK CUSHIONS (2)
- GUIDE RODS (2) (6514401)
- 3/8 X 2-3/4 IN. BOLT
- 3-1/2 X 1 IN. PULLEY (2)
- BASE WELDMENT (6562103)
- 3/8 X 1-3/4 IN. BOLT (2)
- 2 IN. SQ COVER CAP (2)
- 3/8 IN. LOCKNUT
- 3/4 IN. FLANGE BEARING (2)
- 3/8 X 3 IN. BOLT
- 3/4 DIA X 9-1/8 IN. SHAFT (6562501)
- 3/8 IN. WASHER (6)
- 3/8 X 2-3/4 IN. BOLT (2)
- PRESS ARM WELDMENT (2) (6563303)
- 3/8 IN. WASHER (4)
- 3/8 X 2-3/4 IN. BOLT (4)

| TOLERANCES (EXCEPT AS NOTED) |   |
|------------------------------|---|
| DECIMAL                      | ~ |
| FRACTIONAL                   | ~ |
| ANGULAR                      | ~ |

NOTE: CAREFULLY READ STEP 15 FOR PROPER ASSEMBLY.

|       |        |                   |             |
|-------|--------|-------------------|-------------|
| TITLE |        | ASSY INST, 705101 |             |
| SCALE | 1/24   | SIZE              | DRAWING NO. |
| SHEET | 1 OF 2 | B                 | 65706       |
| DR    | JRD    | CHK'D             | TKB         |
|       | 10/95  | APP'D             | JRD         |
|       |        |                   | 10/95       |

PARABODY, INC.  
RAMSEY, MINNESOTA